

WHAT IS CLAIMED IS:

1           1. A work station comprising:  
2           a base;  
3           a riser extending upwardly from said base;  
4           a support arm pivotally connected to said riser, said support arm having a first section  
5           on a first side of said riser and a second section on a second side of said riser;  
6           a table affixed to said second section of said support arm;  
7           a counter weight affixed to said first section of said support arm; and  
8           wherein said counter weight allows for said support arm to be easily pivoted from a  
9           work position to a second position.

1           2. The work station according to claim 1 wherein:  
2           said base extends beneath a human support device.

1           3. The work station according to claim 2 further comprising:  
2           components in communication with a first end of said base; and  
3           components in communication with a second end of said base.

1           4. The work station according to claim 1 further comprising:  
2           a support for engaging a second end of said support arm to stabilize said support arm  
3           when said support arm is in said working position.

1           5. The work station according to claim 1 further comprising:  
2           a support affixed to said riser for stabilizing said support arm when said support arm  
3 is in said work position.

1           6. The work station according to claim 1 wherein:  
2           said riser is adapted to be adjustable with respect to height.

1           7. The work station according to claim 1 wherein:  
2           said table is pivotally mounted on said support arm.

1           8. The work station according to claim 1 wherein:  
2           said table defines a plurality of retaining members for affixing selected computer  
3 components to said table.

1           9. The work station according to claim 1 wherein:  
2           said second position of said support arm allows for a user to have unobstructed  
3 ingress to and egress from a human support device.

1           10. The work station according to claim 1 wherein:  
2           said secured position of said support arm is substantially vertical.

1           11. A work station comprising:  
2           a base;  
3           a riser extending upwardly from said base;  
4           a support arm pivotally connected to said riser;  
5           a table affixed to said support arm;  
6           wherein said support arm may be pivoted from a work position to a second position,  
7           said second position allowing a user to have unobstructed ingress to and egress from a human  
8           support device.

1           12. The work station according to claim 11 wherein:  
2           said support arm has a first section on a first side of said riser and a second section  
3           on a second side of said riser; and further comprising  
4           a counter weight affixed to said first section of said support arm.

1           13. The work station according to claim 11 wherein:  
2           said base extends beneath a human support device.

1           14. The work station according to claim 13 further comprising:  
2           components in communication with a first end of said base; and  
3           components in communication with a second end of said base.

1           15. The work station according to claim 11 further comprising:  
2           a support for engaging a second end of said support arm to stabilize said support arm  
3           when said support arm is in said working position.

1           16. The work station according to claim 11 further comprising:  
2           a support affixed to said riser for stabilizing said support arm when said support arm  
3           is in said work position.

1           17. The work station according to claim 11 wherein:  
2           said riser is adapted to be adjustable with respect to height.

1           18. The work station according to claim 11 wherein:  
2           said table is pivotally mounted on said support arm.

1           19. The work station according to claim 11 wherein:  
2           said table defines a plurality of retaining members for affixing selected computer  
3           components to said table.

1           20. The work station according to claim 11 wherein:  
2           said second position of said support arm is substantially vertical.

1           21. A work station comprising:  
2           a base;  
3           a riser extending upwardly from said base;  
4           a support arm pivotally connected to said riser;  
5           a table affixed to said support arm; and  
6           wherein said table is adapted to be positioned to provide a work area for a user who  
7           is in a substantially reclined position, wherein said table permits the user to support the user's  
8           elbows on a human support device while accessing said work area.

1           22. The work station according to claim 21 wherein:  
2           said table is adapted to support a computer monitor, said table further adapted for  
3           positioning the monitor in an ergonomic viewing position with respect to a user who is in a  
4           substantially reclined position.

1           23. The work station according to claim 21 wherein:  
2           said table is mounted on a support arm; and  
3           said support arm may be pivoted from a work position to a second position, said  
4           second position allowing for a user to have unobstructed ingress to and egress from the  
5           human support device.

1           24. The work station according to claim 23 wherein:  
2           said second position of said support arm is substantially vertical.

1           25. The work station according to claim 21 wherein:  
2           said support arm has a first section on a first side of said riser and a second section  
3           on a second side of said riser; and further comprising  
4           a counter weight affixed to said first section of said support arm.

1           26. The work station according to claim 21 wherein:  
2           said table defines a plurality of retaining members for affixing selected computer  
3           components to said table.

1           27. A method of facilitating ease of ingress to and egress from a work station  
2           comprising the steps of:  
3           providing a pivotally supported support arm having a first section on a first side of  
4           a pivot and a second section on a second side of a pivot;  
5           affixing selected items to a work area affixed to said second section of said support  
6           arm;  
7           affixing weight to said first section of said support arm for substantially balancing  
8           said support arm about said pivot, thereby enabling said support arm to be pivoted to a  
9           desired location with minimal effort.